

# Montana's Healthy School Recipe Roundup Application

May 2010

**Applications must be received by March 4, 2011**

Questions? Contact Molly Stenberg by telephone at (406) 994-7217 or by e-mail at [stenberg@montana.edu](mailto:stenberg@montana.edu)

***Please type or print neatly.***

Name and Title of Person submitting the recipe \_\_\_\_\_

Name of School District \_\_\_\_\_

Address/City/State/ZIP \_\_\_\_\_

Telephone \_\_\_\_\_ Fax \_\_\_\_\_ E-mail \_\_\_\_\_

Summer Telephone \_\_\_\_\_ Summer E-mail Address \_\_\_\_\_

Recipe Name \_\_\_\_\_

Date submitted \_\_\_\_\_

1. Submit the recipe on the **standardized recipe form** included in this application packet.
2. Submit a **photo of the recipe** as prepared and served to students.
3. List which ingredient(s) are USDA Commodity Foods?

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4. List which ingredients are locally (Montana) grown and/or purchased from a Montana-made vendor.

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Please list the source of the locally grown food (name and location of food vendor/farm)

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5. Indicate which criteria this recipe successfully meets: (place a check in front of each applicable item)
  - (a) \_\_\_\_\_ Whole grain (minimum of 1 oz. per serving)
  - (b) \_\_\_\_\_ Legume (at least ¼ cup per serving)
  - (c) \_\_\_\_\_ Fruit or vegetable (extra points earned for including dark green and/or orange vegetables\*.)
  - (d) \_\_\_\_\_ Lean protein (meat or meat alternates)
  - (e) \_\_\_\_\_ Is moderate in fat, saturated fat, sugar and sodium

\*Dark Green Vegetables include dark green leafy vegetables, broccoli, spinach, romaine lettuce, collard greens, kale, and turnip greens. Orange vegetables include acorn squash, butternut squash, carrots, hubbard squash, pumpkin, and sweet potatoes.

6. If applicable, list each dark green and orange vegetable\*.

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7. Is this recipe served as an entrée, side dish or dessert?

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8. Please describe the student response to this recipe. Do the students like it?

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9. Please describe the versatility of this recipe (for example, can it be served as a breakfast or lunch item, side dish or an entrée, can different USDA Commodity Foods and/or locally grown foods be used in the recipe, etc.)

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10. What motivates you to create and serve healthy school meals?

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**Submit this application via:**

1. The Montana Office of Public Instruction, School Nutrition Programs website ([http://www.opi.mt.gov/Programs/SchoolPrograms/School\\_Nutrition/HealthyMT.html](http://www.opi.mt.gov/Programs/SchoolPrograms/School_Nutrition/HealthyMT.html))
2. Email to [maryann.harris@montana.edu](mailto:maryann.harris@montana.edu). Please call (406) 994-5397 to notify us that a recipe submission was emailed to us.
3. Mail to the Montana Team Nutrition Program, Montana State University, P. O. Box 173370, Bozeman, MT 59717

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This project is being funded by a 2009 USDA Team Nutrition Training Grant awarded to the Montana Office of Public Instruction. The USDA is an equal opportunity provider and employer.

# Standardized Recipe Form

## Taste of Healthier Montana School's Recipe Roundup

Recipe Name \_\_\_\_\_ Category (i.e., entrée, breads, other) \_\_\_\_\_ Recipe # \_\_\_\_\_

HACCP Process:    1- No Cook                      2- Cook & Same Day Serve    "\*\*\*\*\*"3- Cook, Cool, Reheat, Serve                      4- SOP Controlled

<b>Ingredients</b>	<b>For _____ Servings</b>		<b>Directions:</b> Include <i>step by step instructions</i> , the <i>critical control points (CCP)</i> (specific points at which a hazard can be reduced, eliminated or prevented) and <i>critical limit</i> (time and/or temperature that must be achieved to control a hazard).
	<b>Weight</b>	<b>Measure</b>	

Serving Size \_\_\_\_\_ Pan Size \_\_\_\_\_

Yield \_\_\_\_\_ Number of Pans \_\_\_\_\_

**Meal Pattern (Based on Serving Size):**

\_\_\_\_\_ **Meat/Meat Alternative**

\_\_\_\_\_ **Fruit/Vegetable**

\_\_\_\_\_ **Grains/Breads**

**Oven Temperature & Baking Time:**

**Temperature                      Minutes**

**Conventional** \_\_\_\_\_

**Convection** \_\_\_\_\_